



CORPORATE MENU

BIG, SMALL, FANCY, UNFANCY

We Cater Them All

E.A.T Corporate Catering Menu

Big. Small. Fancy. Unfancy. We dig in & cater them all!

Locally foraged, artisan made, simple and delicious are the few words that define E.A.T. We love our craft, our farmers and all the amazing Artisans in our community that we have the pleasure of creating with.

We offer delicious catered options for breakfast, lunch, dinner, cocktail party faire and team building events. We bring that unforgettable experience to any business meeting, office luncheon or business client entertaining. E.A.T Menus and Events are completely customizable, just mix and match from the below crafted menu.

Catered Orders can be: Picked Up - Dropped Off - Completely Staffed & Serviced.

We do our best to organize last minute orders, however, we appreciate two-days advanced notice to ensure each detail is attended too!

Please see our Web Site for further information of services and products

delivery charges may apply- please call to inquire

Morning Menu

E.A.T CLASSIC BREAKFAST

Assorted muffins & scones served with sweet butter, and preserves, freshly squeezed orange juice, plastic ware and utensils

SMOKED SALMON DISPLAY

Bagels, whipped cream cheese, tomato confit, red onion, capers

HOMEMADE HEALTHY GRANOLA & YOGURT

Served with almond milk

SEASONAL FRUIT PLATTER

ASSORTED ORGANIC YOGURTS

CRAFTY BREAKFAST BREADS

zucchini walnut | lemon
*strawberry-rhubarb
chocolate marble | pumpkin
paleo banana | grainfree plunk-
almond flour, carrot, golden raisin,
apple

QUICHE OR FRITTATA

Spinach and fontina cheese
asparagus and leek | tomato basil
grilled vegetables & goat cheese
quiche lorraine with bacon
chorizo, Spanish peppers,
manchego cheese
artichoke & cheddar

EAT BREAKFAST BURRITO

Spinach tortilla, farm eggs, cheese,
potato, crème fraiche, house salsa
& avocado **add braised pork belly
or bacon w/ braised pork belly
& shoulder*

VEGAN SCRAMBLE

Organic tofu, seasonal local veg,
yam & vegan pesto

SEASONAL FRENCHIE

A decadent baked French toast

delivery charges may apply- please call to inquire

Complete Coffee Service

Standard Coffee Set Up

Includes 'Good Food Award' Winning Roast House premium organic coffee (regular or decaf), cups, stirrers, sugar, sweetener and cream

COMPLETE TEA SERVICE

Includes assorted teas, hot water, cups, stirrers, honey, sugar, sweetener, milk and lemon

FULL SERVICE SLOW BAR

(malitta coffee bar)
*For the coffee lover!

Full coffee bar set up, with barista making pour over coffee to order. Includes Award Winning Roast House premium organic coffee (regular & decaf), choice of two bean varietals, cups, stirrers, sugar, sweetener, cream, almond milk, organic flavors & foamed milks

TEAM BUILDING!

The E.A.T Team design's health & wellness, and culinary workshops for all corporate needs.

Call for details today!

delivery charges may apply- please call to inquire

Sandwich Dept.

EXEC'S LUNCH BOX

Artisan sandwich, organic leafy greens salad, candied walnut, goat cheese & cranberry w/ EAT Vinaigrette or pesto pasta salad, housemade chips, chocolate chip cookie, plasticware and napkins

HEALTHY LUNCH BOX includes a healthy veggie wrap or sandwich, chopped cabbage, carrot salad, orange salad or cucumber & tomato salad, grain free cookie bite, plasticware and napkins

BROWN BAG

Includes delicious sandwich, housemade potato chips, chocolate chip cookie and plasticware and napkins

PLATTER OF ASSORTED SANDWICHES

Choose from below sandwich menu!

Includes a mix of 3 sandwiches, cut into thirds, to share and give each guest a variety!

Add Side salad & cookies

- Create Platters To Share -

LUNCH PACKAGE COMBO *(Your Choice)*

1. **Signature** Sandwiches, Wrap Platter or Assorted Sandwich Platter

2. **SELECT TWO SIDE:**

- Freshly made Potato Chips with Sea Salt
- Marketplace Signature Salad - Mixed Field Green Salad
- Quinoa Salad
- Wheat and Spelt Berry Salad
- Pasta Salad with feta, tomatoes and spinach
- Tomato & Cucumber Salad
- Caesar Salad
- Fresh Fruit Salad *(additional charge)*

3. **Select Baked Goods**

- Cookies
- Brownies
- Assorted Cookies and Brownies
- Seasonal Bar

4. **Select 2-3 sandwiches**

Cut into smaller pieces to allow for a fun variety

delivery charges may apply- please call to inquire

Sandwich Dept.

- continued -

SANDWICH MENU - Each sandwich is dressed with olive oil, grilled, then built. *All Veg based sandwiches can be prepared vegan; any sandwich can be prepared gluten free or paleo.

Mighty Wrap

Grilled portobello, tomato confit, artichoke, farm organic greens & drake goat cheese wrapped in lavash w/house hummus

Raw Wrap

Raw hummus, shredded organic veg, leafy greens, hemp seeds

***Tomato Caprese**

Buffalo mozzarella, basil, organic tomato, olive oil, sea salt & cracked pepper

Wild Albacore Tuna

Housemade albacore tuna salad, fontina cheese, cucumber & leafy greens

Diestal Farms Turkey

Layered w/farm organic greens, fontina cheese & yummy pesto mayo

Diestal Farms Turkey Blt

on pretzel roll- same as above, just add ridiculously good niman's bacon!

Chicken Pesto

Toasted organic chicken breast, sautéed onions, baby spinach greens, tomato confit & fontina cheese with basil pesto!

Ham & Gruyere Cheese

Includes ale mustard- diestal farms ham, gruyere, layered with farm organic greens, on a grilled pretzel roll

Italian From NYC

The best aged Italian meats, fontina cheese, farm organic greens on grilled ciabatta roll w/ aioli mustard & pepperoncinis

Roast Beef

Includes cheddar & horseradish chive spread, organic farm greens on grilled pretzel roll +

Note: Additional fees will apply to gluten free and paleo options.

delivery charges may apply- please call to inquire

Extraordinary Salads

Please note there is a 5 portion minimum on all salads* Each portion of a salad is designed as an entrée for one, or as a side salad for two.

Market Salad Organic farm greens, Drake goat cheese, cranberry & spiced walnut

Farmhouse Chop Organic greens, avo, confit tomato, sprout, egg, bacon, w/ranch dressing

Paleo Chop Organic mixed cucumber, greens, cabbage/ carrot/cilantro slaw, almonds, taro wonton crisps w/almond honey ginger vinaigrette

Kale House Rock Chiffonade organic Tuscan kale, buttery herbed GF bread crumbs, shallots, artichoke w/lemony Caesar dressing

EAT Power Greens Organic spinach, farm greens, heirloom grains & roasted veg from our kick-butt local farms w/ginger honey Dijon Vinaigrette

- Please inquire about pricing -

Soups

Rustic Soups made from scratch based on seasonality of local produce, served with artisan roll and butter

*Fun idea- Live Soup Station with 2 soups, corn bread, artisan breads & yummy spreads and soup toppings. Ask for a quote!

Examples of Seasonal Soups:

Curried Lentil

Chicken Tortilla

Ginger Carrot

Turkey Chili

Mushroom, potato, celery root

Grass-fed Beef Chili

Cauliflower cheddar

Potato mix up

Ham & Split Pea

Fennel-Star Anise

Moroccan Chickpea

Corn Chowder

Curry Veg

Butternut squash

Broccoli, almond, tofu

Posole

Chilled Avocado

Tuscan white bean

Chilled Cucumber

Italian Wedding w/chicken

meatballs

delivery charges may apply- please call to inquire

Entrées

Roasted Organic Chicken Breast

Chicken Cutlets gluten free-breaded chicken breast sautéed in Temecula olive oil garlic oil with fresh lemon

Blackened Albacore Marketprice **(3 Person Minimum)**

Lemon Butter Salmon with tomato confit and fresh basil Marketprice **(3 Person Minimum)**

Pepper Grilled Flank Steak with fresh chimichurri sauce Marketprice **(3 Person Minimum)**

Turkey Meatloaf Florentine with chili aioli **(Serves 6-8)**

LASAGNA- All our lasagnas are constructed with hand made pasta sheets that are naturally gluten free, layered with house made marinara, ricotta & fontina cheese then locally sourced organic vegetables or delicious braised meats. Lasagna Bolognese OR Local Farm Veg (please inquire about special lasagnas, as they change with the season- and what is available from our local farms)

EAT Enchilada Casserole -
NON-GMO/organic corn tortillas, black bean puree, organic shredded chicken, fontina cheese and red chili sauce *Can be made vegetarian/vegan *Sides included, avocado, cilantro, chopped onions and house made crème fraiche (sour cream)

**Add a green salad with jicama & mango!

PLATTERS = GREAT TO SHARE
Platters are a convenient way of serving a variety of foods at your next gathering, party or business meeting.

10 Person minimums on all platters

delivery charges may apply- please call to inquire

Entrées

- continued -

Cheese Board a fine selection, of California artisanal cheese, Served with crackers, seasonal fruits, nuts and spreads

*Add another cheese

Seasonal Fruit Platter a colorful assortment of the freshest

Garden Crudités featuring Local - Organic Farm Produce

Grilled Pita & Hummus Platter:

Olives, Fresh Vegetable, Hummus & pita bread

*Add RAW hummus

Housemade Dips & Hummus,

Roasted red pepper, Parmesan artichoke, Maui onion, Sundried tomato pesto spread

Charcuterie

Rustic rolls-Italian cured meats, sausage, italian ham, aged cheese, organic red grapes, roasted peppers, artichoke hearts, country mix of olives, tomato confit,

***dependent upon meat selections**

Sandwich Boards

Awesome assortment of 2-3 Artisan sandwiches, on a variety of Sadie Rose breads. Presentation is all sandwiches cut into thirds, allowing guests a fun and tasty selection! Select the types of sandwiches that will make up the board or leave the creation up to EAT chefs. Chips and house pickles included.

delivery charges may apply- please call to inquire

Entrées

*In addition to sandwiches, you can select side salads/dishes to accompany your Sandwich Board. A great way to appease and satisfy all the different taste buds! Additional pricing applies

Accompaniments

Roasted farm carrots, honey thyme

Seasonal farm veg soiree

Garlicky, shallot, butter, parmesan fingerlings

Curry cauliflower, sweet onions, cilantro, butter, sea salt

Roasted yam and sweet potato

Quinoa, asparagus (when in season), herbs, walnuts, cranberry,
roasted squash

EAT Potato salad, chopped bacon, scallion (guest favorite)

Pasta Salad with feta, cherry tomato & spinach

Cous Cous with seasonal chopped veg, herbs lemon vinaigrette

Green Beans with gorgonzola & bacon

Seasonal fruit salad

Grilled organic produce (seasonal)

EAT@HOME

FARM TO PLATE MEAL DELIVERY PROGRAM FOR
BUSY, HEALTH-MINDED FOLKS

Endorsed By Dan Henderson

EATMARKETPLACE.COM | 760.668.2050

delivery charges may apply- please call to inquire

Sweets+Cookies & Bars = Yummy

Crafted Baked Goods

Assortment

includes seasonal bar, decadent brownie, yummy lemon bread, paleo cookie bite or seasonal cookie, and fruit galette bite, garnished with seasonal berries

Dairy Free & Gluten Free

Donuts Maple pecan; lemon twist; blueberry; chocolate; vanilla; orange turmeric; cinnamon & sugar; maple bacon

Macarons - Chocolate, vanilla, pistachio, lemon, salted caramel, champagne, almond, berry, green tea

Bars - Chocolate ganache brownies, blondie, paleo brownies, lemon bars, apple caramel crumble

Hand Pies - Apple, *berry, pear, quince, persimmon-pear, *strawberry-rhubarb *seasonal

Cupcakes - Chocolate, vanilla, coffee, caramel, carrot cake, lemon, peanut butter

Gallettes - Seasonal apple, pear, blueberry, rhubarb, strawberry

Crisps/Cobblers - Apple, mixed berry, blueberry-apple, rhubarb-strawberry

COOKIES

Peanut Butter

Powdered Pecan Balls

Chocolate Chip

Oatmeal Raisin

Snickerdoodles

Double Chocolate

Paleo Chocolate Chip

Peanut Butter Chocolate Chip

Lunch Box
(coconut, chocolate, cranberry, caramel)

delivery charges may apply- please call to inquire

HOURS OF OPERATION

Sunday & Monday

7:00 am-4:00 pm

Tuesday Thru Saturday

7:00 am-8:00 pm

CONTACT | FIND US

Traillan Suthers : Catering Director

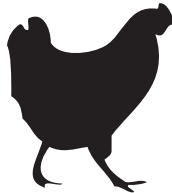
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